



The Encourager

Metro Public Health Dept of Nashville & Davidson County / Promoting and Protecting Health
Health Education & Promotion – Disease Prevention and Management

The Encourager

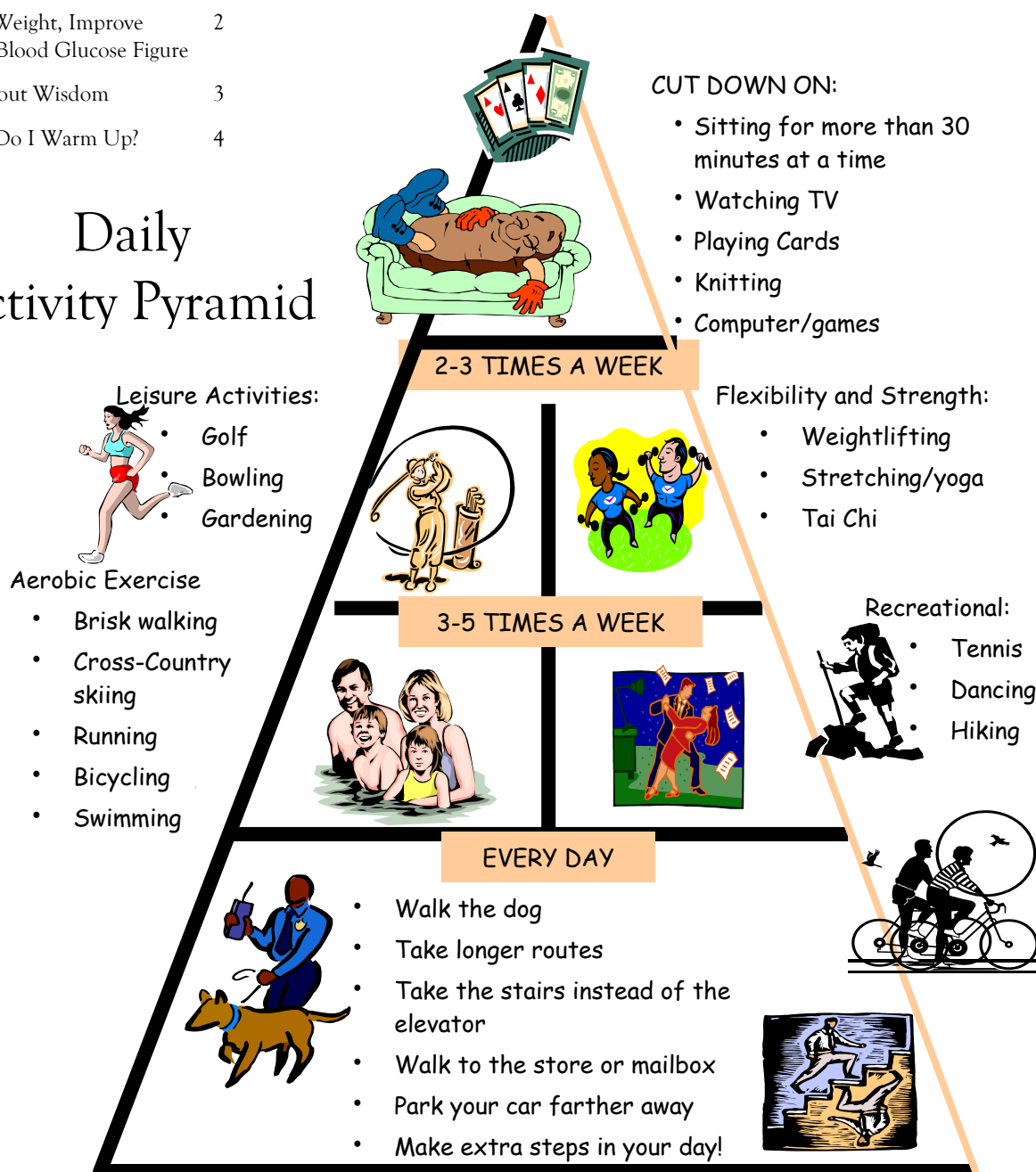
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Welcome to the *Encourager*, a newsletter specifically designed to provide the most current information on chronic diseases to citizens living in Davidson County. We hope you will find this newsletter informative and helpful. We welcome your comments!

Daily Activity Pyramid



HOW DO I WARM UP?

Before you start to walk, do the stretches shown here. Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

Side Reaches

Reach one arm over your head and to the side. Keep your hips steady and your shoulders straight to the side. Hold for 10 seconds and repeat on the other side.



Knee Pull

Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee to your chest, hold for 10 seconds, then repeat with the other leg.

Wall Push

Lean your hands on wall with your feet about 3 to 4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.



Leg Curl

Pull your right foot to the buttocks with your right hand. Keep your knee pointing straight to the ground. Hold for 10 seconds and repeat with your left foot and hand.



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Request for **ADA accommodation** should be directed to John Dunn @ 340-2219



Workout Wisdom

Activity: A Key to Successful Diabetes Treatment

The important thing is to find something you like to do.

So, get ready... get set...go!

Get Ready...

- ◆ First, ask your doctor what kind of exercise you can do and how much (it is best to not lift, bend, or strain with some eye diseases).
- ◆ Think about what you like to do.
- ◆ Find someone to exercise with if you need company.
- ◆ If you'll be on your feet, wear the right footwear.

Get Set....

- ◆ Always make sure you carry or wear diabetes ID, such as a wallet card, bracelet, or necklace.
- ◆ Carry something in case of low blood sugar, such as glucose tablets or hard candies.
- ◆ Drink extra water before and after exercise.

...Go!

- ◆ Check your blood sugar just before and after you exercise...especially if you're trying a new exercise or sport.

Begin gradually:

If you have not been active, go slowly. Slowly work up to longer (and maybe harder) exercise. Get an exercise prescription from your doctor or diabetes educator.

Activity is a very important part of your treatment.

This is what activity does:

- Helps your insulin work better
- Helps keep blood sugar levels more stable
- Helps you lose weight (along with careful eating)
- Gives you more energy
- Increases your metabolism
- Helps lower cholesterol, a dangerous kind of fat in the body
- Helps lower blood pressure
- Improves your strength and muscle tone
- Reduces stress

When Should You Be Active?

- ✓ Try to be active every day.
- ✓ Do it about the same time every day.
- ✓ Look for ways to add steps to your day (see activity pyramid).



When Shouldn't You Exercise?

Do not exercise if:

- ⇒ Your doctor says "no!"
- ⇒ You don't feel well or have pain.
- ⇒ It's too hot or humid outside. (No one should!)
- ⇒ Your insulin or diabetes medication is peaking and you have not eaten.
- ⇒ Your blood sugar is very high or very low (ask your doctor or diabetes educator what's safe for you.)
- ⇒ You have ketones in your urine (for Type 1 diabetes).

How much?

- ✓ If you aren't used to exercise, start with just a few minutes at a time – build up to about 30 minutes or more each day.
- ✓ If it's hard to do 30 minutes at one time, break it up into shorter exercise sessions, such as 10 minutes three times a day.

WORD SCRAMBLE

The following words are related to healthy living and weight management. Check the bottom of the page to see how many words you answered correctly.

1. reexcsie

2. odtroc

3. gereny

4. srsste

5. oeatforw

6. tomiron

7. heiwgt

8. sitnpora

9. dlobo rusga

10. loresiac

11. ewtar

12. yeahlht

1. exercise; 2. doctor; 3. energy; 4. stress; 5. footwear; 6. monitor; 7. weight; 8. portions; 9. blood sugar; 10. calories; 11. water; 12. healthy

Lose Weight, Improve Your Blood Glucose Figure

Even a small weight loss of 5 – 10 pounds can make a significant difference in blood pressure and blood glucose levels.

Remember to go slow. Slow weight loss of one-half to one pound a week is better than dramatic weight loss. Keep in mind these weight loss tips:

1. Eat slowly, chew all foods well. Take the time to enjoy your meals.
2. Drink more water. A large glass of water before each meal provides stomach “fullness”.
3. Eat more vegetables and fresh fruits each day. Avoid fruit juices, which contain more calories than actual fresh fruit.
4. Avoid starvation dieting. It slows down metabolism, isn't good for glucose control, and it's **no fun**.
5. Exercise to increase the calories you burn and to better use the nutrients you consume.



What is your blood glucose target range?

Answer:

70-150